



## Tigersharks Training Schedule

### All YOUTH COMPETITIVE Squads

**March 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2-Mar</b>	<b>3-Mar</b>	<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>	<b>7-Mar</b>	<b>8-Mar</b>
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am SR I weights 8:45-9:30	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I weights 8:45-9:30
<b>9-Mar</b>	<b>10-Mar</b>	<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Twilight Meet for League, Bronze Silver + Gold  Check in 4pm, comp. 5:15pm SR I & II: 3:15-4:30pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	<b>NNA MEET</b>  <b>NO PRACTICE</b>
<b>16-Mar</b>	<b>17-Mar</b>	<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
<b>23-Mar</b>	<b>24-Mar</b>	<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>	<b>28-Mar</b>	<b>29-Mar</b>
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
<b>30-Mar</b>	<b>31-Mar</b>	<b>1-Apr</b>	<b>2-Apr</b>	<b>3-Apr</b>	<b>4-Apr</b>	<b>5-Apr</b>
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:30-6:30pm  Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



## Tigersharks Training Schedule

### MASTERS SQUAD

**March 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Short Course
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Short Course
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Short Course
30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course